Letters

Congressman praises high school chorale

Editor:

On Sunday, March 4, it was my privilege to attend services at the National Cathedral, where the Appomattox County High School Chorale, under the direction of Mr. Steven R. Lawrence, participated in the worship service.

Over the years, I have heard numerous vocal groups perform, but I have heard none better than this one. The music was inspiring - it lifted the soul, in a way magnificent compositions professionally performed can do. I was especially impressed by the rendition of two of the pieces, "Hark, I Hear the Harps Eternal" and "The Crown of Roses".

The young people in this group were models of behavior throughout the program, never once breaking the mood of the occasion.

The Town of Appomattox and the High School should be justly proud of Mr. Lawrence and this group. They have come to Washington and reflected credit on all of you.

Very sincerely,
Dan Daniel
U.S. Congressman

Comments on problem

Editor:

Once again, I would like to comment on the so called "pigeon problem" in downtown Appomattox.

I had the opportunity to go downtown last week and I must say that I saw one potential problem at which the fault lies with the building's owner. There is a broken window pane on the second floor of the building which houses Joy Rags Outlet Store, I noticed a nest had been built on a shelf just inside the window. There was a pigeon nesting and I'm sure she has eggs. The owner will probably complain to the town when other pigeons begin to nest in the second floor window. This window should be repaired before such a problem arises. I am sure there are other broken windows downtown which need to be repaired. If such repairs are made, the pigeons' nesting areas will be limited to the roofs only. Nesting boxes would help tremendously.

Also, from what I saw while downtown, Appomattox doesn't have many pigeons, not nearly as many as most town. In fact, people who read my letter last week contacted me asking, "What pigeons? I didn't know Appomattox had any pigeons."

I hope more thought is being put into this situation. The money which will be spent on killing a few pigeons could go towards another town improvement which would be more worth-while.

Sincerely,

Bobby Taylor

Staton agrees

On pigeon problem

Editor:

I am responding to the letter in last week's paper which concerned the pigeons in Appomattox. I am in complete agreement with the opinions expressed by Bobby Taylor. His views on how to handle the situation were very good and I feel the city should take them into consideration.

I will never forget the time I visited the Appomattox Community Park on Hunter Street. While exploring the creek along one side of the park, I came across a small group of pigeons nestled in the bushes. They didn't flee, but allowed me to watch them. I had never really noticed how beautiful these birds are. Their coo was so warm and friendly. It was almost as if they were welcoming me to their city. How could anyone be so cruel as to wish these birds dead?

This reminds me of a letter I read in the **Lynchburg News** and **Daily Advance** concerning the killing of animals. The writer wrote, and I quote, "This brings to mind one of the Ten Commandments: 'Thou shalt not kill'...God did not say 'Thou shall not kill, except for animals' or 'Thou shalt not kill humans;' God simply said not to kill, period! Isaiah confirms God's edict in Isaiah 66:3: 'He who slaughters an ox is like him who kills a man.' "; end of quote.

Now, I ask you, the residents of the Town of Appomattox and the County of Appomattox, "How can you sit back and allow this to happen?" It is up to everyone to help. Possibly, if everyone pulls together, the pigeons can be saved.

Concerned,
M. Staton

Students visit bakery

MRS. DORINDA SAXTON'S CLASS AT AES visited Muller's Bakery on Thursday for a tour. The class was shown the large refrigerators in which pastries are kept. Students also viewed the oven with rotating shelves and watched the making of Italian bread. Mr. Muller demonstrated the use of the large electric mixer. He also decorated a cake for the class, as he discussed products made at the bakery. Students attending the tour were Barbara Broggin, Mitchell Glover, Roger Kress, Ray Lukehart, Mark Mayberry, Delmas Ragland, and Jennifer Robinson. Escorts were Dorinda Saxton, teacher; Teri Cestaro, aide; and Virginia Fedison, physical therapist.

VDWVC seeks contaminated persons

The Virginia Division of War Veterans' Claims is looking for American, Australian or New Zealand service personnel who may have been contaminated with Agent Orange or toxic herbicides during duty in Vietnam from 1961-1972.

The search is part of a lawsuit filed on behalf of the service personnel in federal court in New York, and covers those people or their families who may be suffering from the aftereffects of the contamination by the herbicide.

The class is limited to those who were injured by exposure to Agent Orange or any other herbicide while serving in the armed forces in or near Vietnam at any time during 1961-1972. The class also includes members of families who claim derivative injuries such as those to spouses and to children born before January 1, 1984.

Claims of indirect injuries to families of veterans include such things as genetic or birth defects in children, miscarriages, wrongful death and loss of family, society, comfort, campanionship, services consortium, guidance or support.

To assist veterans in obtaining information about their rights, the Virginia Division of War Veterans' Claims is attempting to locate all Virginia residents who served in the armed forces in or near Vietnam at any time from 1961-1972, who claim they were injured by exposure to Agent Orange.

Persons who are already listed on the Veterans Administration's "Agent Orange Registry" should have already received a notice about the suit from the plaintiff's attorneys. Veterans in some areas may have already responded to notices on radio or television, and notices in newspapers, magazines or service orgainization publications.

Once notified, veterans will have to decide for themselves whether they wish to be included as a class-action plaintiff in the lawsuit. If no action is taken, veterans will automatically be included as plaintiffs.

Vietnam veterans who are included in this class-action lawsuit are urged to either write or call the Virginia Division of War Beterans' Claims at 210 Franklin Road, Roanoke, VA 24011, or 1113 Church St., P.O. Box 35, Lynchburg, VA 24505. The phone number in Lynchburg is (804) 528-6727. Notification to the Division of War Veterans' must be received by April 1, 1984.

The names and addresses of all respondents will be forwarded by the Division to the court having jurisdiction in this case. The court will then forward the veteran specific information concerning his rights as a plaintiff in this litigation.

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Chestnut Grove news

Sympathy is extended to the family of L.P. (Buck) Mills who passed away Friday, March 16. Burial was at Bethel Methodist Church Monday.

Mrs. Dale Senger returned home from University Hospital in Charlottesville Friday, March 16. We hope she has a quick recovery.

Mr. Rice Seay celebrated his 87 birthday Sunday, March 18 at his home at Andersville. Several members of his family were present, among them were Mr. and Mrs. Roger Morris and family.

C. Wayne Cook of Richmond and Edward T. Cook of Prospect were Saturday visitors of their parents, Mr. and Mrs. W.T. Cook.

Mrs. Emily O'Brien of Richmond was a Sunday visitor of Mr. and Mrs. Berkley O'Brien.

Mr. and Mrs. Kline Hill and family of Richmond spent the weekend in the former Russell L. Harris home. They visited Mrs. Alice Senger while here.

Mrs. Chris Miller of Dillwyn was a Thursday visitor of Mr. and Mrs. C. Henson Morris.

H. Flood Harris of Green Bay visited Friday in the Joe L. Harris and Johnny M. Harris homes.

Recent visitors in the home of Mr. and Mrs. Kemper M. Beasley, Sr., were Mr. and Mrs. T.C. Beasley and family of Troutville; Sue Bracey of Richmond; Mrs. Mary Bracey and Myra, Mr. and Mrs. Earl Morris, Mr. and Mrs. Ben Ballowe, Mr. and Mrs. A.J. Ayers, Mr. and Mrs. Jack Manis, Mr. and Mrs. Ronnie Smith, Alfred Woodie and William Kidd, all of Farmville; Mr. and Mrs. C. Henson Morris, Frank Chernault, all of Appomattox; Mr. and Mrs. Bennie Williams, Mrs. V.C. Proffitt and Ethel and W.T. Cook, all of Dillwyn.

Mrs. Alice Senger and Mrs. Johnny M. Harris visited Mrs. Senger's brother, Floyd Pope in M.C.V. Hospital in Richmond Monday.

Sunday visitors in the home of Mr. and Mrs. Aubrey N. Morris were Mrs. Charles Morris and baby, Jennifer, Mrs. John Waycaster, Jason and Amy, all of Farmville; Mrs. Bobby Jones and son, Robbie of Louisa; Mrs. Hobert Harris of Sheppards; Mr. and Mrs. C. Henson Morris and Mrs. Ruby Morris, all of Appomattox.

Mrs. Effie Robertson and daughter, Brenda and family, all of Knoxville, Tennessee spent the weekend in the home of Mr. and Mrs. Bob Bryan.

Simpkins arrives for duty

Army Sgt. David A. Simpkins, son of Ima J. Simpkins of Peterstown, W. Va., has arrived for duty in Stuttgart, West Germany.

Simpkins, a military police specialist with the J.S. Military Community was previously assigned at Fort Leonard Wood, Mo.

His wife, Dawn, is the daughter of Ralph E. and Ellen F. Kegley of Rural Route 1, Narrows, Va.

He is a 1979 graduate of Narrows High School.

For Appomattox Dining Center

Activities planned

Following is the calendar for the Appomattox Dining Center, located next to the railroad depot on Main Street, Appomattox.

The center is open from 10 a.m. to 2 p.m., and activities are open to persons age 60 and up who are eligible according to criteria established by the Central Virginia Commission on Aging.

Wednesday, March 28	Nutrition Bingo Game
Thursday, March 29	Bible Devotion
Friday, March 30	Nutrition Program
Monday, April 2	Making Easter Centerpieces For Our Tables
Tuesday, April 3	Blood Pressures and Weights with Bonnie Campbell, R.N.
Wednesday, April 4	Continue Centerpieces For Tables
Thursday, April 5	Shopping and Escort
Friday, April 6	Bagging Weekend Meals
Monday, April 9	Practice For Nursing Home Program
Tuesday, April 10	Decorate For Easter
Wednesday, April 11	Program at Babcock Manor Nursing Home
Thursday, April 12	Nutrition Program with Ocie Mack
Friday, April 13	Let's Learn A New Game
Monday, April 16	Making Easter Cards For Our Homebounds
Tuesday, April 17	Shopping and Escort
Wednesday, April 18	Senior Discount Cards With Julia Page
Thursday, April 19	Bible Study with Rev. Tommy Cog
Friday, April 20	Trip To Miller Park For Picnic and Easter Egg Hunt

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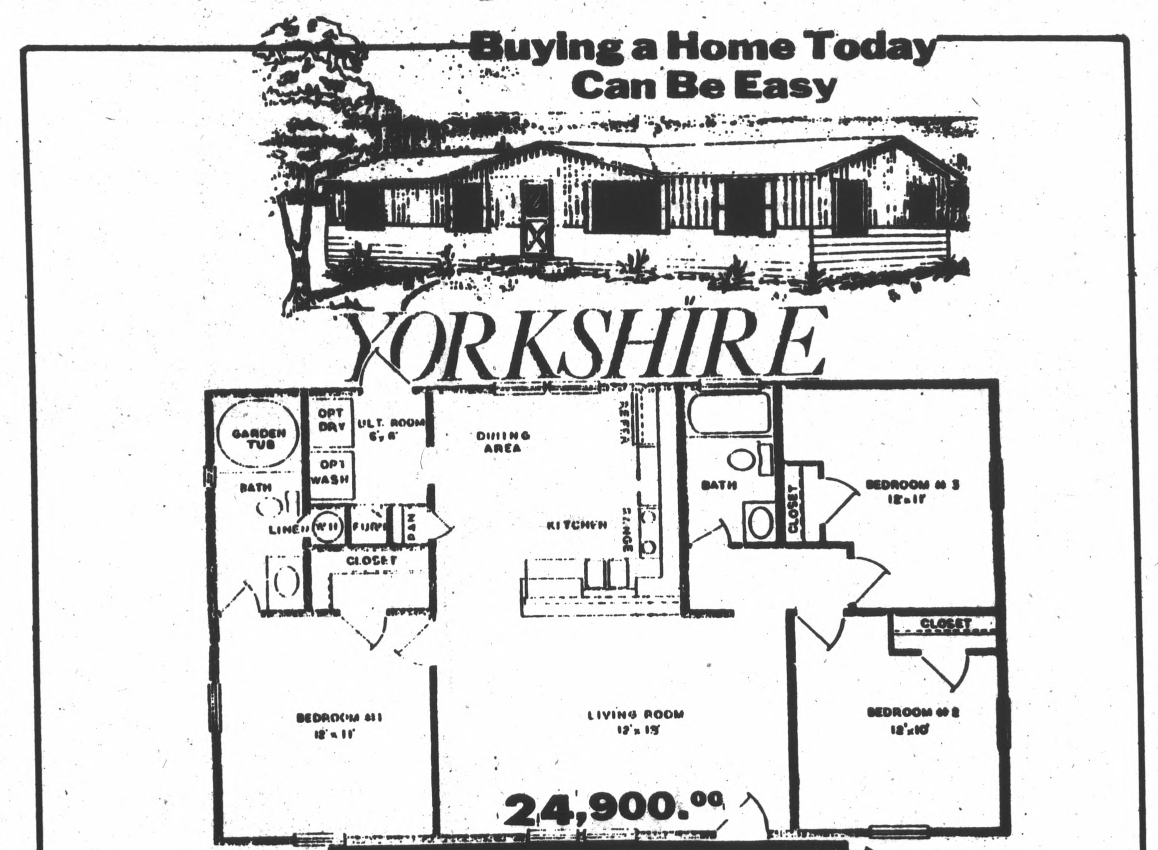

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SOCIAL

Rita Gail Inge

Miss Inge, Mr. Fleet to marry

Mr. and Mrs. Claiborn Inge of Appomattox announce the engagement of their daughter, Rita Gail, to Victor W. Fleet, Jr., son of Mr. and Mrs. Fleet of Van Wert, Ohio.

Miss Inge is a graduate of Appomattox County High School and James Madison University. She is employed by the Virginia Employment Commission in Lynchburg.

Mr. Fleet is a graduate of Bellbrook High School in Bellbrook, Ohio, and Wright State University in Dayton. He is an employee of Campbell County Schools.

Their wedding will be on June 16, 1984, at 2:00 p.m. at Rocks Baptist Church in Pamplin.

All friends and relatives are invited to attend; no invitations are being sent.

Shower honors bride-elect

Mrs. Jimmy Marshall of Oakville and Miss Trudy Mathews of Lynchburg honored Miss Marlene Moore with a miscellaneous shower Thursday night, March 22, at the Marshall home in Oakville.

The color scheme of the wedding was used in the shower.

Those in attendence were Mrs. Claude Allen Moore, mother of the bride; Mrs. Rachel Totty, mother of the groom; Mrs. Claudia Moore and Mrs. Margaret Hillsman, grandmothers of the bride.

Others attending included close friends, relatives and co-workers of Miss Moore's at Virginia Baptist Hospital in Lynchburg.

The Moore-Totty wedding will be an event of April 21, 1984 at 7 p.m. at Mt. Comfort Methodist Church in Appomattox.

Mrs. Anderson visits at Virginia Beach

Mrs. Edna Anderson spent last weekend with her sisters, Mrs. George Craddock and Mrs. Robert Craddock of Virginia Beach, Sunday. She was also dinner guest of her niece, Mrs. Butch Lyons, Sunday.

Shelia Marie Roach and Kevin Dale Layne

Roach, Layne will wed

Mr. & Mrs. Bobby Roach of Appomattox proudly announce the engagement of their daughter, Sheila Marie to Kevin Dale Layne son of Mrs. Janie B. Layne and the late Carroll D. Layne of Pamplin.

The wedding will take place on July 14, 1984 at the Appomattox Court House Presbyterian Church at 2 p.m.

All friends and relatives are invited.

Pamplin AARP has covered dish supper

Pamplin Chapter of the American Association of Retired Persons held its regular monthly meeting at noon Tuesday, March 20, in the Friendship Hall of the United Methodist Church. A tasty covered dish meal was served, 33 persons were present, this included 3 visitors.

Mrs. Mamie Jones became the newest member of the Chapter.

An informative program was presented by Carrington H. Martin, investigator for the Appomattox County Sheriff's Department. His talk dealth with theft of personal property and means for identifying it when necessary to prove ownership, and also "flim flam artists", people who misrepresent their products.

The identification plan as recommended by the Sheriff's Department requires the use of Social Security numbers. By the use of Social Security numbers, it is possible to positively identify property.

The Sheriff's Department has a set of dies for marking property and will be glad to show you how to do the marking.

Mr. Martin also advised against using contractors who might be classified as "casual". Do not use a casual contractor unless you know something about him and the kind of work he does. He gave examples of the type of contractor classified as "flim flam", such as roof painters, exterminators, and driveway repairmen.

When in doubt as to the contractor's realibility contact the Sheriff's Office before allowing any work to be done. You will be told whether the contractor is or is not reliable.

Benefit concert is slated

The musical group Three 'n' One will give a concert to benefit Nancy Tyree Quick this Saturday (March 31) at Flat Creek Baptist Church at 7:30 p.m. Flat Creek Baptist Church is located on Route 29 south of Lynchburg.

All proceeds will go to benefit Nancy Quick, an Appomattox resident who was badly burned in a fire.

Anyone who is not able to attend the concert may make contributions locally to the Reedy Spring Baptist Church, Route 1, Spout Spring.

Reunion is planned

Plans are being made for the reunion of the class of 1934 at Madison Heights High School. Organizers are seeking the current address of all the members of the class, as well as faculty.

Class members and anyone with information regarding the faculty should call a member of the search committee: Irene Foster Shepherd, 384-1497; Katherine Grant, 946-5633; or Broadus Foster, 384-3412.

Details of the reunion plans will be sent to classmates later.

Martins announce birth

Mike and Carolyn Martin are proud to announce the birth of a son, Joseph Adam, six pounds, 14 ounces, on March 15.

The Martins are parents of two other children, Melissa Dawn and Michael Shane.

Maternal grandparents are Virginia and Kenneth Elder of Appomattox; paternal grandparents are William and Arwilda Martin of Spout Spring.

Family, friends seek funds

In September 1983, Mrs. Eve Garner, age 28, had an automobile accident on Route 460 while on her way home from shoeing a customer's horse. Mrs. Garner has been self-employed (full-time) farrier in this area for the past two years. She and her husband, Jon, have purchased a farm near Rice, and have nearly finished building their home.

As a result of the accident, the Garners are facing the tragic possibility of losing all their property to pay large medical bills. Mrs. Garner was in MCV Hospital for nearly six months, two months of this time in the Neurological Intensive Care Unit. Today, she continues her twice weekly physical therapy.

Friends and family have started a fund to help pay some of these bills. Anyone wishing to contribute may send their donation to The Eve Garner Fund, Box 148, Rice, VA 23966.

Bones need calcium

By SHIRLEY W. WALTON
Extension Agent

Calcium is the fifth most abundant element in the body. It makes up about 2% of our body weight and 12% of our bones. Most people know that you need calcium for strong bones and teeth, particularly during childhood and adolescence when bones become hard and lengthen as one grows. By the time a person is mature, 99% of the calcium in his or her body is found in the bone structure.

The other 1% of calcium in our body performs a host of life sustaining, although lesser known, functions. For example, did you know that the regularity of your heart beat depends on calcium. Adequate levels of ionized calcium have to be present in the cells of the heart muscle to prevent it from going into uncontrollable contractions or spasms.

And, did you know that without calcium you couldn't jog, swim, play tennis or do any other physical activity. Calcium in the fluid surrounding muscle tissues regulates contraction of the muscles and enables other minerals in the fluid to promote its relaxation. Because muscles, including the heart and diaphram, have to contract to work, every muscular action from lifting your arm to breathing depends on calcium.

In the functioning of nerves, calcium is required to make available acetylcholine. Acetylcholine must be present for the message to be passed from one nerve to the one next to it. Calcium even has a role in the clotting of blood and digestion, and, did you know that calcium maintains the collagen, which is the "glue" that holds cells together?

Yes, calcium is very important to perform the vital functions of our body and the body needs a regular supply. If you don't consume enough through your diet, the body eventually will remove it and borrow it from your bones. This process is thought to contribute to the weekness and brittleness of bones found in many older people.

The way to make sure you are getting enough calcium is to eat the food richest in this mineral. Milk and other dairy products, dark leafy green vegetables, such as broccoli, collards and mustard greens, and fish with tiney soft bones, such as sardines and salmin, are excellent sources of calcium.

Dairy foods provide 72% of the calcium in the U.S. food supply according to the U.S. Department of Agriculture. Two cups (16 oz.) of milk or plain yogurt contribute ¾ of the recommended daily allowance for children and adults. One ounce of cheddar cheese supplies ¼ of the daily requirement for these age groups. Be sure that you drink milk or consume foods from the dairy foods group. Adults need at least two servings from the milk and dairy foods group and children need at least four servings per day.

Getting enough calcium can be easy with dairy foods. You also can enjoy soups and desserts with milk, a lunch of yogurt or cheese sandwich, pizza topped with cheese, and a glass of milk with your meals. All of these can help you meet your needs for calcium, which means a healthy heart, working muscles and many other important body functions needed for an active life.

If you have a homemaking question or problem, you may call 352-8244 or you may write P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

Good News For Homemakers — HOME ECONOMICS

RECIPE OF THE WEEK
ISLANDER CHEESE BALL

16 oz. cream cheese, softened
8 oz. crushed pineapple, drained
2 Tbsp. green onions, chopped
¼ - ½ c. green pepper, chopped
2 tsp. seasoned salt (I use only 1 tsp.)
2 c. pecans, chopped

Mix cheese and pineapple with mixer. Stir in onion, green pepper, salt and ½ cup pecans. Roll into one large ball, 2 logs, or fill a scooped out fresh pineapple half. Roll or top with remaining pecans. Serve with bacon-flavored crackers or whole wheat crackers. Thanks go to Sue Havetry, a senior at Longwood College for this excellent recipe.

Keep Up With All The News Read The Times-Virginian

Meeting slated

An informational meeting for parents interested in sending their daughters to Seven Hills School in Lynchburg will be held at the home of Mr. and Mrs. W.S. Kerr on Church Street April 4 at 4:30 p.m.

Seven Hills is a college preparatory school for girls 6-12.

The school's current headmistress and students and parents from Appomattox County will be at the meeting to introduce the school and answer questions.

For additional information, call Anne Kerr at 352-7779, or Judy Smoak at 352-7479.

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